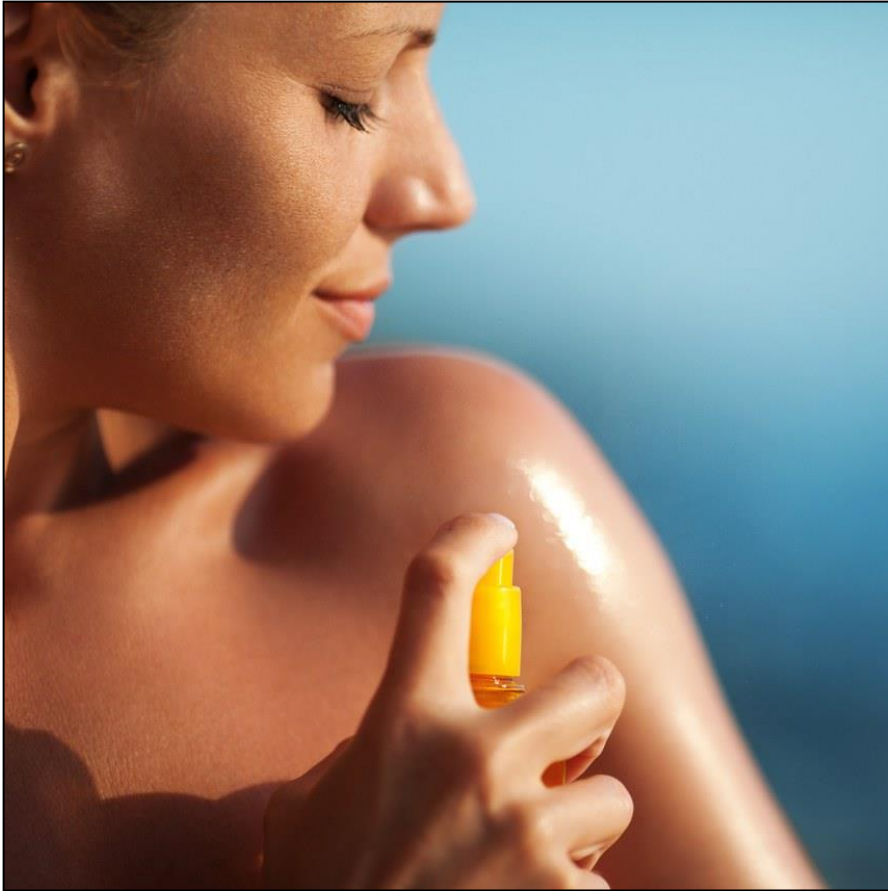


# BRIDES

## Destination Wedding? Here's How to Not End Up Scratching Mosquito Bites the Whole Damn Time

By: Aly Walansky



There's nothing like a tropical setting for a destination wedding. Crashing waves, warm breezes, the sand beneath your toes...and buzzing mosquitoes! No one likes a wedding crasher, and a biting mosquito can be the worst kind. So what's a beach-loving bride-to-be to do? We've got you covered with the best ways to avoid mosquitoes at your wedding.



### **Use Essential Oils**

"Mosquitoes hate essential oils!" says Gabrielle Francis, who has been practicing natural medicine for more than 30 years. The essential oils are the immune system of the plant. They have antimicrobial activity and protect the plant from bacteria, viruses, and other microbes and bugs. "They also protect us the same way! So a good bug spray should have a nontoxic base such as an organic oil or aloe vera or a water base." Essential oils can include germanium, citronella, lemon grass, eucalyptus, lavender, cedar, rosemary, peppermint, and more. "Using products like Moroccan Elixir's Slenderize argan oil are excellent because it has the nontoxic base of argan oil and is formulated with essential oils of lemon and basil," says Francis. ("Slenderize" anti-cellulite pure argan oil, \$25, Moroccan Elixir)

### **Take Your Vitamins**

"Take B complex vitamins for one month prior to the summer holidays. And continue throughout the summer. The B vitamins give off an odor that mosquitoes do not like," adds Francis. (Super B-complex tablets, \$8.59, Nature Made available at Target)

Link: <http://www.brides.com/story/destination-wedding-mosquito>